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X MARKS THE SPOT FOR PAULA DISH {page 10}

VANCOUVER metro®
Monday, May 9, 2011
www.metronews.ca
News worth sharing.

52 dogs exhumed

Forensic crews unearth sled dog remains in Whistler mass grave in search of evidence

MATT KIELTYKA
@METRONEWS.CA

CONTRIBUTED/B.C. SPCA

▶ Forensic crews dig at the site where 100 sled dogs were allegedly killed and buried last year outside Whistler, as the B.C. SPCA investigation into the cull continues.

The remains of 52 sled dogs, allegedly killed in a massive cull last year, have been dug up by forensic investigators, according to the B.C. SPCA.

Crews began digging at the site near Whistler last week to follow up on allegations that an employee of Outdoor Adventures Whistler brutally killed and buried 100 dogs last April.

"So far, 52 bodies have been found in the mass grave," confirmed Marcie Moriarty, B.C. SPCA general manager of cruelty investigations. "The examination gave us important forensic evidence, but we won't say what to protect the integrity of the investigation."

Forensic teams are expected to remain at the site until tomorrow and expert reports may take several more weeks.

Moriarty could not provide a timeline for when the B.C. SPCA would file a report to Crown counsel, but said the recent forensic dig was vital to its criminal investigation.

"Our system requires proof and the forensic evidence will play a big part of the investigation," she said.

When the cull was originally reported on in January, the story grabbed international headlines and sparked the formation of the province-led task force to look into the allegations.

The B.C. SPCA launched a criminal investigation and has been receiving assistance from the RCMP.

U.S.

Search goes on for Penticton resident

Wife was found alive last Friday ◐ Nevada, Idaho officials combing forest {page 4}

That killer instinct

Canucks look to avoid another Game 7 {page 16}

Much ado about nothing?

Furor over boy with painted toenails inspires Pink Toenail Day {page 11}

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Live at Squamish contest winner to be announced today

A handful of bands have been shortlisted from almost 150 entries for a chance to perform alongside Weezer and Metric at the second annual Live at Squamish music festival in August.

Fan voting in the Metro-sponsored contest closed Friday and trimmed the list of hopefuls to five — Proper Villains, Paul Filek, The Belle Game, Ivory Sky and Free City Collective.

A panel of judges, including Live at Squamish executive director Paul Runnals and Metro reporter Kristen Thompson, had until midnight last night to select the winning group or artist who will perform at the festival. Go online to metropresents.strutta.com to check out all the entries.

METRO

May plans to end heckling

Green party Leader Elizabeth May says she wants to bring civility back to the House of Commons and empower MPs to work for the people and not their parties.

"(I want) to create a dramatic shift in the culture of the House ... that will allow MPs to begin to think for themselves," said May at the Green party of B.C.'s annual general meeting in Burnaby yesterday. For a full version of this story, visit metronews.ca/vancouver.

METRO

MATT KIELTYKA/METRO

▶ NDP Vancouver-Point Grey candidate David Eby, left, and party leader Adrian Dix outline their plan to create environmental youth teams at Volunteer Park yesterday.

NDP goes after the youth vote

- Leader and Point Grey candidate roll out plan for green jobs
- May 11 byelection pits Premier Clark against David Eby

MATT KIELTYKA
@METRONEWS.CA

Days before Vancouver-Point Grey residents head to the polls, Premier Christy Clark's challenger was out in the streets trying to appeal to the riding's youth.

David Eby and provincial NDP Leader Adrian Dix rolled out their plan to introduce environmental youth teams yesterday, which they say would create 1,500 green jobs.

Dix made it clear that young-voter turnout would be vital for Eby's chances in Wednesday's byelection.

"David Eby has enormous support from young people because he's addressing issues important to them," said Dix. "The more young people we have participating, the better it'll be for the NDP, of course."

Eby, who has been frustrated at not having the chance to debate Clark head-to-head during the campaign, said he'll spend the last two days on the ground.

"The strategy hasn't changed, I'm going to be out there talking to as many people as I can," he said.

Clark has been ahead in the polls since calling the byelection, and the perception is that she's running a low-profile campaign to cruise to victory.

Instead of taking part in all-candidates meetings and debates, she has focused on running the province and holding telephone town-hall meetings with constituents.

But the premier is well aware of the importance of getting an elected seat in the legislature.

"It's where politics happen in the province at its purest and there's a lot of theatre involved," Clark said. "But sometimes that's fun, too, so I'm looking forward to it."

1 news

Car dealers, chiropractors and a "country gentleman": New crop of MPs are a diverse bunch. Scan the code for the story.

On the web at metronews.ca

Government officials remain tight-lipped after Taliban releases video of a missing Toronto man. Video at metronews.ca

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Search for B.C. man continues

- Missing man's wife found after surviving seven weeks in wilderness
- She relied on snow and a small amount of trail mix, losing 30 pounds

Sheriff's deputies searched for the husband of a Penticton, B.C., woman who survived for seven weeks after they became stranded in remote mountains in Nevada, holding out hope that he could still be alive.

Rita Chretien, 56, told investigators she last saw Albert Chretien, 59, on March 22, when he set off for help on foot with a GPS unit three days after their van got stuck in mud on a national forest road in Elko County.

While it seemed unlikely he could have survived all this time, Det. James Carpenter said crews were not yet ready to turn the rescue mission into a recovery operation.

Deputies from Nevada and Idaho's Owyhee County are searching the rugged river canyons and mountainsides along the north border of the Humboldt-Toiyabe National Forest. THE CANADIAN PRESS

Happy reunion

A B.C. woman missing for seven weeks spent Mother's Day with her family.

- **Hospital officials in Idaho** say she is "very upbeat" and doing well.
- **A medical worker** says she's managed to keep a small meal down.

▶ Rita Chretien

U.S. wants to speak to wives of bin Laden

The United States wants access to three widows of Osama bin Laden being held by Pakistani authorities to help answer questions about whether any officials knew the al-Qaida chief was living in the country, a U.S. official said.

Information from the three women left behind in the house after American commandos killed bin Laden could also reveal the day-to-day life of bin Laden, what he had done since the invasion of Afghanistan in 2001 and the workings of al-Qaida. Several children were taken into custody, some or all of them believed to be bin Laden's.

The Pakistani government has strongly denied it knew of bin Laden's whereabouts, but Western governments have long regarded Islamabad with suspicion. Its armed forces have historical links with Islamist militants, whom they used as proxies in Afghanistan and India.

U.S. commandos killed bin Laden and up to four others, including one of his sons, at the compound on April 29. They took bin Laden's body and quickly buried it at sea.

Pakistani officials have given little information about the identities of the women and children. THE ASSOCIATED PRESS

NDP MP shocked by win

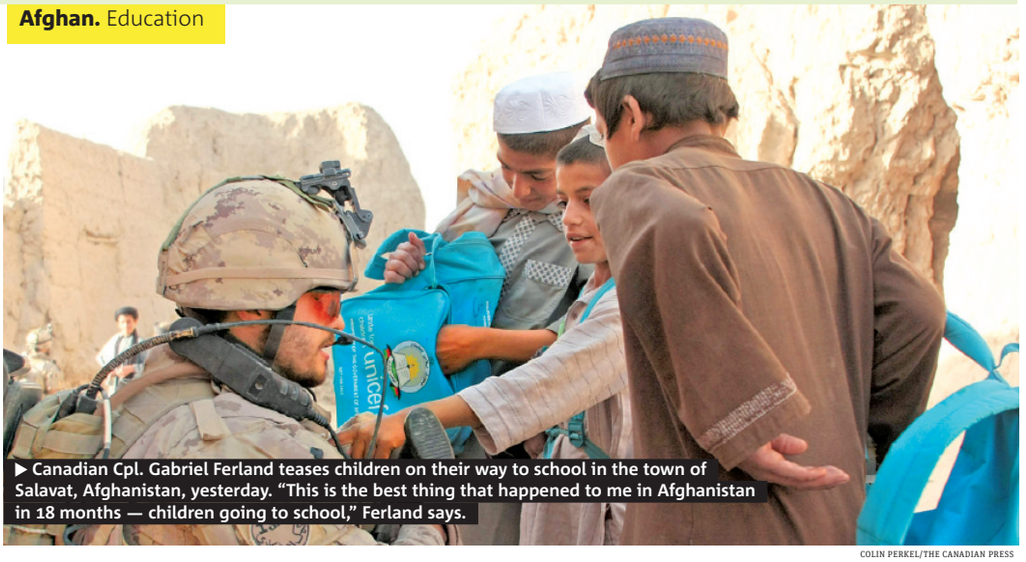
Newly elected New Democrat Ruth Ellen Brosseau told a Quebec newspaper that her victory came as a shock but that she's excited about the opportunity.

Brosseau admitted she has never been to her riding but said she is looking forward to visiting. She's also working on improving her French. THE CANADIAN PRESS

Afghan. Education

Hundreds of boys off to school

Not a single kid or teacher showed up when the eight-room school in Salavat, Afghanistan, opened about a month ago. "The insurgents told us, 'Don't go to the school. If you guys go, we will cut off your ears,'" says one boy.
Now hundreds of boys are in class learning. The Taliban have long opposed secular education, arguing it corrupts the mind.



▶ Canadian Cpl. Gabriel Ferland teases children on their way to school in the town of Salavat, Afghanistan, yesterday. "This is the best thing that happened to me in Afghanistan in 18 months — children going to school," Ferland says.

COLIN PERKEL/THE CANADIAN PRESS

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Video of Canadian captive released

The Taliban is threatening to put a 26-year-old Toronto man on trial for espionage unless Canada meets its list of demands.

But the federal government is saying little about the threat or about a video released yesterday by the militant group that shows Colin Rutherford telling an off-screen interviewer that he had been a travelling as a tourist in Afghanistan when he was apprehended.

Rutherford answers a series of questions on the video.

He denied working for the Canadian government.

And when asked about religion, he said, "I don't have a religion. I am I guess what you'd call agnostic." TORSTAR NEWS SERVICE

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Mad. For iPad

▶ Customers check out the iPad 2 at the Apple store in Beijing's Sanlitun district on Saturday.

NG HAN GUAN/THE ASSOCIATED PRESS

Rotten apples ruin launch

Apple temporarily closed its Beijing store on Saturday after a brawl broke out during the launch of its iPad 2. Reports said staff were trying to prevent a group of "scalpers" from jumping queue and buying up dozens of the tablets to resell. The iPad 2 sold out in four hours.

Eyes on U.S. economy

April results seen as bellwether of economic health

After a steep decline last week that saw the Toronto stock exchange lose most of its gains since the start of the year, investors are expected to cast a wary eye on this week's U.S. economic reports.

Among the numbers coming out are April figures on retail sales and consumer confidence, which will point to how the world's largest economy is faring.

Traders will also be focused on first-quarter results from Canadian companies, including Tim Hortons, Lundin Mining, Iamgold Corp. and Canadian Tire. Their earnings will be scrutinized for signs of how the Canadian economy is faring.

About half of the 248 companies that make up the TSX composite index have reported earnings so far this season. A majority, 39 out of 69, beat expectations, with 23 missing.

"It's certainly positive, but I find that the big picture is really the overall sentiment," said Jennifer Dowty of Manulife Asset Management. "You can have a company that reports reasonable numbers, but if the whole market is in a downdraft and no one wants to step in and buy, the upside potential may be capped." THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 111.2 (13,566.6)	+ 0.13¢ (103.41¢ US)

Oil	Natural gas 1,000 cu ft
– $2.62 US ($97.18 US)	$4.297 US (– 3.4¢ US)

Gold contracts $1,491.60 US (+ $10.20 US)

MIRACULOUS STORY OF SURVIVAL

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

Seven weeks ago, Al and Rita Chretien, regular folks from Penticton, vanished on a road trip to a Vegas trade show.

On Friday, Rita was found. All that time, she was stuck with her van in the mud on a deserted logging road near Elko, Nev. Somehow, on a diet of melted snow and trail mix, she survived.

Al, who went looking for help after staying with Rita for three days, is still missing. And unless miracles strike twice, he's gone for good.

Rita is still in hospital — she lost 30 pounds on the "wilderness diet" — so we will have to wait for more details to emerge, but on the face of it, her story is destined for the Survival Hall of Fame.

Her story is fascinating precisely because she is an ordinary person — their ride was a Chevy Astro van, no less. She is not a wilderness freak with an array of skills and equipment at hand; she is a churchgoing mom who was looking forward to a trip to Vegas.

"(Rita Chretien's) story is fascinating precisely because she is an ordinary person ... She is not a wilderness freak with an array of skills and equipment at hand."

Thousands of folks hit the highway every day and most of them stick to it, braving the exits only when they need fuel. But something led Al and Rita to "take the scenic route," which ended up being the road to nowhere. Rita was only found by accident by hunters on ATVs. The formal search took place hundreds of kilometres south, the distance they would have travelled if the van hadn't been stuck in the outback.

Tragically, help was only 16 kilometres away. We would like to think we could jog 16 kilometres before breakfast, but it's different in the wild. You get turned around in an instant and never find your way back. You fall and crack your head and that's it. You twist an ankle, lie there and freeze to death.

And if you are Rita, you are back in the van, alone in the dark with the bears, wolves and mountain lions. And your thoughts.

Somehow, she doled out rations and kept her head. Somehow, she stayed alive — through seven weeks of mounting hopelessness.

I could not have done it. I can't spend that much time with only my head for company.

Few of us are ever ready to spend that much quality time with ourselves, and few of us are ever ready for a real, life-threatening emergency — survival without the cameras and production assistants.

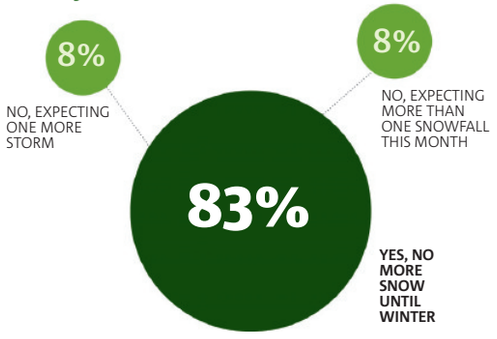
We're domesticated beasts. We rarely wander off the grid, and these days it's almost impossible to get lost with GPS and cellphones. But, alas, no bars, no service. Any of us can be Al and Rita. The only difference this time is that we get to celebrate something that rarely happens.

A miracle.

metro life panel

Register at metrolifepanel.ca and take the quick poll

Has your city seen the last snowfall of the year?



Local tweets

- **@iannuzz imarco:** Thank you for all of your kind words and support. Let's go win a Cup! @BCLions @CFL @BCLionsDen #BCLions #CFL #CFLDraft #GreyCup
- **@vancitybeer:** Have a very wonderful Mothers Day moms.
- **@vcstrength:** Congratulations to VC alum Brody McKnight on his first round selection by the Montreal Alouettes in the CFL draft!
- **@RobynDmy:** Two weeks today I'll be whale watching from Vancouver! Though I have no idea which company to choose yet. Any suggestions #yvr?
- **@LisaAudia:** Back to #yyc I go! #yvr you will be greatly missed! Happy #mothersday to all the wonderful mothers out there!
- **@victoriaachan:** For those of you who bike around Vancouver, do you wear a helmet?! #yvr
- **@TheGreenMen:** We shared a moment with Mike Fisher last night twitpic.com/4uvcoo (Via @Sean_Leahy) #NHL #Canucks

Worth mentioning

AMSTERDAM, NETHERLANDS. Denmark earns the biggest share of its national revenue from producing windmills and other clean technologies, the United States is rapidly expanding its clean-tech sector, but no country can match China's pace of growth, according to a new report obtained by The Associated Press.

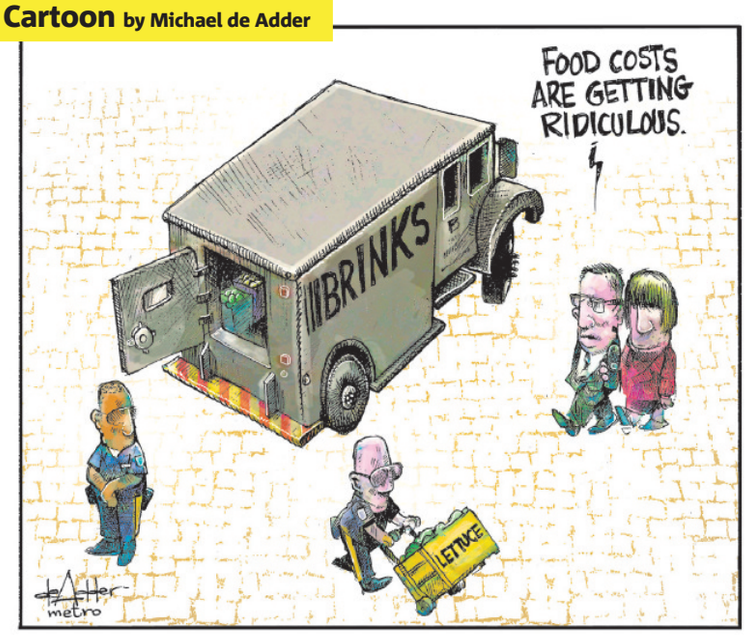
China's production of green technologies has grown by a remarkable 77 per cent per year, according to the report, which was commissioned by the World Wildlife Fund for Nature and which will be unveiled today at an industry conference in Amsterdam.

Denmark derives 3.1 per cent of its gross domestic product from renewable energy technology and energy efficiency, or about $9.4 billion US, the report said. China is the largest producer in money terms, earning more than $64 billion, or 1.4 per cent of its gross domestic product.

The U.S. ranks 17th in the production of clean technologies with 0.3 per cent of GDP, or $45 billion.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

I do, I do, I do, I do, I do, I do, I do ...

About 350 couples in Bolivia were married according to Indian customs and traditions in a colourful Andean mass wedding with President Evo Morales presiding as best man.

Saturday's ceremony was held at a colosseum in La Paz, the capital, that was adorned with large white flowers and indigenous banners. Several bands serenaded the couples.

Indian religious leaders presided over the wedding as did symbolically Pachamama — the earth deity of the Aymara and Quechua races of Bolivia's highlands Indians.

And Morales gave a speech to the couples, who crowded the arena's floor wearing multicoloured native ponchos and hats.

Before the ceremony, each couple married in a civil ceremony.

THE ASSOCIATED PRESS

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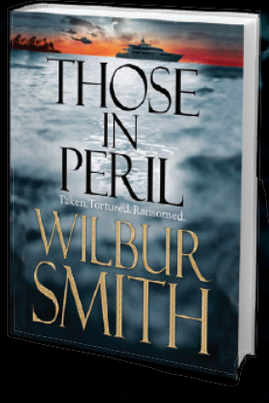

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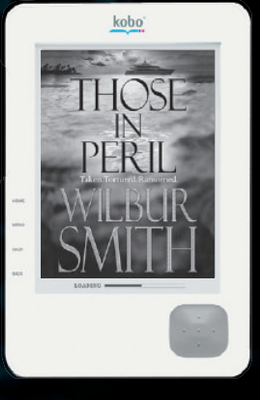

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Seinfeld discovers the world wide web

Famous comedian decides it's time to get online Why now is the perfect time to launch his unique website — and it has nothing to do with flaunting his past fashion choices

DOROTHY ROBINSON
SCENE@METRONEWS.CA
METRO WORLD NEWS

GETTY IMAGES

▶ Jerry Seinfeld has launched a website, jerryseinfeld.com, that will have clips of his old performances.

Most working comedians know the importance of having a web presence to list upcoming events, promotional material, and hopefully develop a much-needed fan base. But when you're a comic on the level of Jerry Seinfeld, do you really need a way to promote yourself? Well, yes — just in a different way.

"I wanted a very restricted concept; I didn't want to have a site with like mugs t-shirts, concert dates. I find that annoying," he says about how his new site, jerryseinfeld.com, will be different. "I just couldn't wait any longer and I finally came up with an idea that I liked."

Instead, the site, which launched on Friday, is a repository of nearly every recorded comedy appearance from Seinfeld — a career that spans 36 years. One of Friday's introductory clips was from his first time on The Tonight Show Starring Johnny Carson in 1981 — posted 30 years to the day.

Seinfeld, who is very hands-on with the site, felt it was important not to post all clips at once (there are more than 1,000). Rather, he will pick three a day to profile.

"I'm almost more proud of the fashion than I am of the comedy," he quips about digging deep into his archives. "My fashion choices were so good, you are not even going to notice the clothes. In the '70s and '80s I look good — it's the '90s where my choices start to get questionable."

A comedian through and through — he shrugged off questions about acting in any new movies or TV shows ("acting is for people who don't have anything to say") — he told us about sneaking into New York comedy clubs every few weeks to keep honing his act before he tours. In fact, one reason for launching jerryseinfeld.com is to attract a younger fan base.

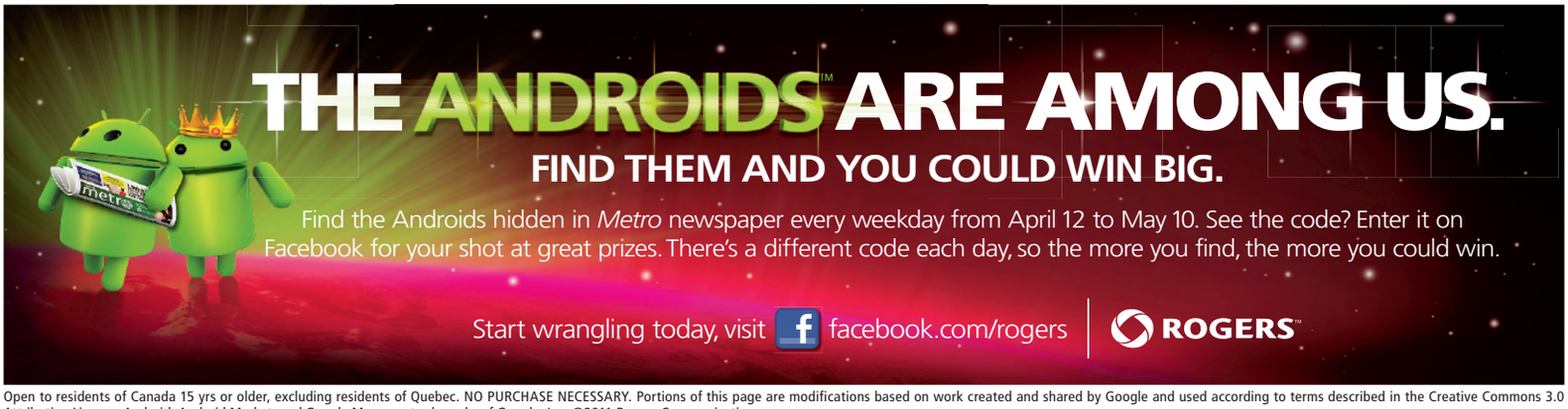
"This site is really about my attempt to cultivate the world of stand-up comedy with young people," he says with a slight Seinfeld-smirk. "The same way the skinheads and Klu Klux Klan do — you gotta get them indoctrinated young. So really, I'm taking a page from their book."

2 scene

Box Office

Thor smashed the competition at the box office with a $66 million opening weekend. In second place was a holdover from last week, the car-racing sequel Fast Five from Universal Pictures. It made $32.5 million for a total of nearly $140 million in just 10 days.
THE ASSOCIATED PRESS

Bieber to record cyberbullying PSA to resolve charges in mall frenzy



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Paula and Simon reunite

Ex-American Idol judges will team up again for U.S. version of X Factor

Paula Abdul is officially going back to work for Simon Cowell, as she recently closed a deal to serve as a judge on Cowell's American version of X Factor, according to the Hollywood Reporter.

Abdul joins fellow judges Cowell, producer L.A. Reid and Cheryl Cole, who served as a judge on the U.K. version of the show.

The deal was reportedly signed just in time for Abdul to start work taping the show's judging rounds. METRO

ALL PHOTOS GETTY IMAGES

▶ Paula Abdul and Simon Cowell

Beckham in fender-bender

David Beckham was involved in a fender-bender on the freeway in L.A. over the weekend, according to People magazine.

"Mr. Beckham's black Cadillac SUV collided with the rear of a gold Mitsubishi in the carpool lane," a California Highway Patrol spokeswoman says.

The Mitsubishi was reportedly broken down in the carpool lane and not moving when the collision occurred. The other driver was taken to a hospital to treat minor neck pain, while Beckham and his 12-year-old son, Brooklyn, were uninjured. METRO

▶ David Beckham

Celebrity tweets

"i have been told to wear something waterproof for my baby shower!!!! I'm now very nervous!!!!"
@victoriabeckham

"It's important to teach kids in their formative years that whatever they're feeling- DON'T TRUST IT"
@SarahKSilverman

"Luxury is the ease of a t-shirt in a very expensive dress."
@Karl_Lagerfeld

"Book up for your summer reading from YOUR LOCAL BOOKSTORE.
@tomhanks

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SETH WENIG/THE ASSOCIATED PRESS

▶ Amy Richards poses for a picture with her sons Webber Sloan, 7, left, and Beckett Sloan, 5, on a fire escape at their apartment in New York. Richards is a feminist activist and author of Opting In: Having a Child Without Losing Yourself.

The gender bender

Today is Pink Toenail Day for families who promote modern interpretations of gender roles
A controversial J. Crew ad inspired the day by celebrating a boy's love of the colour pink

If a girl wants to try her hand at baseball or ice hockey, she's likely to be praised as plucky. But if a boy likes the colour pink? Well, that's a toenail of a different colour.

Last month, J. Crew unleashed a furor when a promotion depicted its creative director, Jenna Lyons, painting her five-year-old son Beckett's toenails with pink nail polish. "Lucky for me, I ended up with a boy whose favourite colour is pink," the caption read.

Dr. Keith Ablow, a psychiatrist and regular guest on Fox News, didn't approve.

"It may be fun and games now, Jenna, but at least put some money aside for psychotherapy for the kid," he wrote on Foxnews.com. "This is a dramatic example of the way that our culture is being encouraged to abandon all trappings of gender identity."

In fact, Lyons and her son had stepped on a cultural land mine. Gender stereotypes for America's children are less rigid than in the past, but they remain a pervasive part of popular culture and a benchmark for parents. Moreover, the changes in recent decades have been more dramatic for girls than boys.

"I try not to overemphasize masculinity and devalue femininity,"
AMY RICHARDS, FEMINIST AND AUTHOR

So Ablow quickly found support. One Million Moms, an offshoot of the conservative American Family Association, urged followers to write protest letters to J. Crew and asserted that "nontraditional activities ... can be destructive and damaging to a child's identity and self-esteem."

Just as quickly, there was a backlash from people who liked Beckett's pink toenails. Hundreds of people accepted a Facebook invitation to join "Pink Toenail Polish Day" on Monday, and Anne Fausto-Sterling, a professor of biology and gender studies at Brown University, urged Lyons' critics to "take a deep breath" and not worry if kids don't always fit a "cardboard cutout stereotype of gender roles."

"Kids explore, sample, test and learn," she wrote in a Psychology Today blog. "They should have the freedom to do this and the strength to grow into interesting human beings."

THE ASSOCIATED PRESS

How 'sexing up' young girls makes them feel 'grown up'

From suggestive ads to skin-baring magazine covers, there is no shortage of provocative imagery showcasing women in a sexual manner in a bid to raise eyebrows and boost bottom lines.

But such depictions are also reaching a younger, impressionable audience.

A U.S. retail chain recently added fuel to the long-simmering debate surrounding products and imagery of a sexually suggestive nature being marketed towards girls.

In March, Abercrombie & Fitch made headlines after featuring push-up bikini tops for girls in the spring line of its children's label. Amid the uproar, Abercrombie Kids announced it would continue to sell the Ashley swimsuit which it recategorized as "padded," stating on its Facebook page the label agreed with those who said it was best "suited" for girls age 12 and older.

"Marketers employ developmental psychologists." said Lyn Mikel Brown, co-creator of Hardy Girls Healthy Women, a non-profit organization dedicated to the health and well-being of girls and women.

CHRIS YOUNG/ THE CANADIAN PRESS

"It's not so much they want sexy products, but they want to be different from their parents. They want to fit in, be cool, be hip.

"And frankly, I think they really use the sexualization stuff because it does upset parents and because this is a way young girls can say: 'I'm grown up."' Brown delivered a keynote address on the sexualization of girls in media in Toronto where she spoke extensively about the "sexing up" of female athletes and the sexualization of products geared towards female consumers.

Brown, pointed to young child stars like Miley Cyrus and Lindsay Lohan who became more sexualized as they moved towards adulthood.

THE CANADIAN PRESS

3 life

Pretty in Pink

Give the person you love the gift of hope with the GiveandGo Visa card. An embedded donation goes to the Canadian Breast Cancer Foundation while the balance gets you the purchase of your choice. $50 gift cards can be used wherever Visa is accepted. Visit givepink.giveandgovisa.com.

METRO

Time to give up the baby bottle? Prolonged use associated with obesity: Study

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Add Italian flavour to your life

Try this Asian-Italian take on spinach, goat cheese and roasted pepper cannelloni

MATTHEW MEAD/THE ASSOCIATED PRESS

▶ These cannelloni are made by rolling a very Italian filling of hearty spinach, cheese, mushrooms and roasted red peppers in Asian-style egg roll wrappers.

East and West combine for these cannelloni, which are made by rolling a very Italian-style filling of spinach, cheese, mushrooms and roasted red peppers in Asian-style egg roll wrappers.

Ricotta cheese combined with tangy goat cheese gives the filling some bite, but if you prefer you can use all ricotta for milder results.

Here we've called for jarred marinara sauce as a convenience, but by all means use homemade sauce if you have it.

Look for fresh egg roll wrappers in the produce aisle (often near the tofu) of most supermarkets, or purchase them at Asian specialty markets.

Preparation:

1. Spread 1/2 cup (125 mL) of the marinara sauce in bottom of 13 x 9 inch (3.5 L) baking dish; set aside.
2. In bowl, using a fork, mix together ricotta, goat cheese, parsley, basil and cornstarch until well combined. Season with salt and pepper.
3. Lay an egg roll wrapper on work surface. In a strip along one edge, spoon about 1/4 cup (60 mL) of the cheese mixture. Top with a bit of the spinach, roasted peppers and mushrooms.
4. Roll wrapper into a tube around the fillings, moistening the edge with water and pressing it firmly to seal. Transfer to prepared baking dish. Repeat with remaining wrappers and filling.
5. Pour remaining marinara over cannelloni, to cover completely. Bake in 375 F (190 C) oven for 30 minutes. Sprinkle with Parmesan and bake for 5 to 10 minutes until golden.

Nutrition

Information per serving (values are rounded to the nearest whole number).

- 371 calories; 111 calories from fat (30 per cent of total calories).
- 12 g fat (7 g saturated; 0 g trans fats)
- 39 mg cholesterol.
- 44 g carbohydrate.
- 24 g protein.
- 4 g fibre.
- 1,437 mg sodium.

Ingredients:

- 3 cups (750 mL) jarred marinara sauce, divided
- 1 1/2 cups (375 mL) part-skim ricotta cheese
- 4 oz (125 g) soft goat cheese
- 2 tbsp (30 mL) chopped fresh flat-leaf parsley
- 2 tbsp (30 mL) chopped fresh basil
- 1 tbsp (15 mL) cornstarch
- Salt and pepper
- 10 egg roll wrappers (6-inch/15 cm)
- 1 1/2 cups (375 mL) baby spinach
- 1 jar (12 oz/340 mL) roasted red peppers, drained and cut into (1/2-inch/1 cm) wide strips
- 10 small cremini mushrooms, thinly sliced
- 1/2 cup (125 mL) grated Parmesan cheese

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Making green moves

Selecting eco-friendly moving companies and what services they offer

BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ Sometimes the best tip for moving is to giveaway those items you don't need anymore.

Packing everything you own into boxes and moving from one home to another is one of the most chaotic, disruptive times in anybody's life. If ever there's a day to forget all about the environment, it's the day you move.

Intriguingly, Canada's biggest and oldest moving companies don't agree. Mayflower Canada, United Van Lines and many others now offer helpful, inexpensive green options to help you tread softly on the planet while moving to your new home.

"Moving, historically, has not been anything that's been environmentally friendly," says Lisa Hulet, vice-president of marketing for Mayflower Canada. "A lot of customers didn't know there were alternatives."

Mayflower launched its Go Green program late in 2009.

Their trucks don't idle and conserve gas by not speeding.

The company also offers a range of useful, eco-friendly services to make the process cleaner.

"Before the truck even arrives, the moving consultant would go into the customer's house and talk about what they need to move, and what stuff they don't want to move," Hulet explains.

"We have a partnership that can safely remove all your old electronics in an environmentally friendly manner."

Mayflower has forged an alliance with disposal company 1-800-Got-Junk, for example, and 80 per cent of its pickups are recycled, or distributed to charities.

"It's about educating the consumer — and the movers themselves — to offer more environmental best practices," Hulet notes. "For the customer, it's about educating them before the moving truck even comes to the door."

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From tragedy to triumphant return

Struck by a roadside bomb in Iraq five years ago, reporter Bob Woodruff tells his own story

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

There was a blinding flash of light and a loud explosion.

ABC news anchor Bob Woodruff's life changed in an instant.

In Iraq to report on U.S. troops in 2006, Woodruff was in an armoured vehicle when a roadside bomb went off leaving him with serious head injuries.

In a medically induced coma for 36 days, the recovery was long and tortuous as he willed his damaged brain to heal and struggled to speak again.

Now back at work at ABC as a correspondent, Bob Woodruff is coming to Canada to tell his story at the Ability and Beyond Gala in aid of March of Dimes.

"Recovery is a difficult road but don't ever give up. Lives definitely change but sometimes for the better.

"If things don't work out the way you thought, find another way or use a different strategy. It's not easy. Just keep thinking and planning," he said.

I ask Mr. Woodruff for a final thought and the words come quickly from the man who has been to war and fought a personal medical battle.

"Never surrender."

595559

HANDOUT

▶ News anchor Bob Woodruff had been working for ABC for nearly 10 years when he was critically injured in Iraq.

Web. Kids

Connect kids with the news

Want to keep your children aware of what is going on in the world around them?

A new children's website, gogonews.com, launched today that provides parents and educators with filtered, global news to keep kids informed.

The website provides breaking news as it happens, along with fun facts about people and places, brain teasers and puzzles, environmental lessons, and editorial picks for books, museums and toys.

It also filters out news stories that may not be appropriate for your child's age.

METRO

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Home stretch to summer

With summer vacation visible and on the horizon, it can be tough for teens to maintain focus on their studies during the home stretch.

"It's a huge problem this time of year," says Judy Arnall, a speaker and best-selling author from Calgary.

For parents looking to help their kids break out of this funk, Arnall says parents must show empathy and an understanding of what their kids are going through.

"The parent's role is to show empathy and to facilitate problem solving with their teens," she says.

This requires parents to be flexible and accommodating with what their teens feel they need to do to succeed.

Arnall also recommends parents map out a plan with their kids and break it down into small chunks so that what lies ahead doesn't seem so daunting. Even if there are disappointing academic results, parents must continue to be encouraging.

"It's important for parents to be very positive, to really appreciate what the students have done right," says Mark Federman, an education speaker from Toronto.

He says it's common for parents to focus solely on the results of a test or paper and say things like work harder or study harder. He cautions that this is not the right approach.

"The student perceives this as punishment, even though the parent may intend it as encouragement," says Federman.

This is why he encourages parents to highlight the positives because it will help boost their teen's self-esteem. RICHARD WOODBURY

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ISTOCK IMAGES

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- Wellness programs in the workplace
- Home care
- Family planning clinics
- Poison control centres
- Prenatal and baby clinics
- Rehabilitation centres
- AIDS hospices

Where nurses work in a hospital:

- Emergency
- Intensive care
- Operating room
- Maternity
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- Oncology (cancer)
- Psychiatry
- Pediatrics (children)
- Palliative (dying people)
- Geriatrics (seniors)

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- Association of Registered Nurses of P.E.I.
- College of Registered Nurses of Nova Scotia
- Nurses Association of New Brunswick
- Ordre des infirmières et infirmiers du Québec
- Registered Nurses Association of Ontario
- College of Registered Nurses of Manitoba
- Saskatchewan Registered Nurses' Association
- College and Association of Registered Nurses of Alberta
- College of Registered Nurses of British Columbia
- Registered Nurses Association of the Northwest Territories and Nunavut
- Yukon Registered Nurses Association

Nursing week

- **"Canada's registered nurses** are over a quarter of a million strong," says Judith Shamian, president of the Canadian Nurses Association. "They are involved in every aspect of our health system —research, patient advocacy, health policy and administration, public health, prevention and management of chronic disease, rehabilitation and recovery, and, of course, the special kind of direct clinical care for which we are known best."
- **National Nursing Week** is held during the second week of May every year to celebrate Canadian nurses and their dedication to patient care and the health-care system. The purpose is to remind everyone of the many ways nurses contribute to the well-being of Canadians.
- **May 12,** which is Florence Nightingale's birthday, was designated International Nurses Day in 1971. Nightingale was a celebrated English nurse known for her pioneering efforts to reform the British military health system. May 12 is also recognized as Canada Health Day. METRO

Metro checked in with the Canadian Nurses Association website to find out what's involved

Nursing offers men and women a wide range of opportunities for career challenges, travel, professional development and the personal satisfaction of working in a caring profession that helps people get well or stay healthy.

What kind of education do you need? In the Atlantic provinces, Ontario, Saskatchewan and B,C., new graduates are required to have a baccalaureate degree in nursing as their initial program. In all other provinces and territories, candidates have a choice of a diploma or a baccalaureate degree in nursing as their initial program.

For more information about nursing programs, visit the Canadian Association of Schools of Nursing at casn.ca or the Association of Community Colleges of Canada at accc.ca. METRO

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4 sports

Quoted

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CANUCKS GAME DAY

SCOTT RINTOUL
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RICH LAM/GETTY IMAGES

▶ Canucks players and staff watch the final minute of play of Game 5 on Saturday.

Familiar feeling

For the second straight series, the Canucks failed to end an opponent's season in a Game 5 at Rogers Arena. Instead of resting at home on the West Coast, Vancouver has been forced to log extra air miles in an attempt to finish off the feisty Predators.

While fans are a long way from abandoning hope, the lingering memory of last round's harrowing escape against the Blackhawks remains fresh in their minds. Fortunately, the Predators are nowhere near as explosive as last year's Stanley Cup champs. They are, however, eerily similar to the Minnesota Wild team that rallied from a 3-1 series deficit to stun Vancouver and advance to the conference final back in 2003.

But that was then, and this is now. The Canucks goaltending and defence are far stronger than they were eight years ago, so an upset of that magnitude does not appear imminent. In fact, there is plenty of reason to believe that Vancouver will win tonight and advance to the third round for the first time since 1994. The Canucks have been perfect in the Music City so far this post-season, and have won four of their last five at Bridgestone Arena.

RICH LAM/GETTY IMAGES

Ryan's Flying

With five goals and nine points in the first five games of this series, Ryan Kesler has emerged as an early candidate for the Conn Smythe, awarded annually to the top performer in the NHL playoffs. Kesler's 13 points have him in a four-way tie for the playoff lead.

RICH LAM/GETTY IMAGES

Burn Ward

With seven goals in 11 games this post-season, Joel Ward has almost matched the 10 goals he scored in 80 games during the regular season. Ward's output is one goal more than the Sedins' combined total during the playoffs.

BRUCE BENNETT/GETTY IMAGES

Victor-ious?

Victor Oreskovich is likely to return to the Canucks lineup tonight in place of Mikael Samuelsson, who suffered a lower-body injury in Game 5. Oreskovich has yet to register a point in eight playoff games, but has been credited with 14 hits.

RICH LAM/GETTY IMAGES

Elimination Frustration

Saturday's loss dropped Vancouver's record to 1-4 in elimination games this post-season. The Canucks have been outscored 21-10 in those five games.

Canucks have seen the errors of their play

The Nashville Predators will be the opponent when the Vancouver Canucks are forced to play a game they hoped to avoid.

But the team the Canucks don't want beating them tonight in Game 6 of the Western Conference semifinal is themselves.

Vancouver mistakes, turnovers and bad bounces helped give the Predators a 4-3 victory Saturday that allowed Nashville to stay alive in the playoffs. The Canucks lead the series 3-2, but know they must reduce their errors to avoid a Game 7 back in Vancouver Wednesday.

CANUCKS PREDATORS

▶ **Time:** 5 p.m.
Channel: CBC

"We have to make sure that one mistake doesn't turn into two," Ryan Kesler said through swollen lips prior to the Canucks boarding an airplane yesterday for the long flight to Nashville.

"It's a game of mistakes out there. You are going to make mistakes, no one is perfect. For us, we have to try and eliminate the mistakes. Make one, not two."

Kesler lost a tooth and needed stitches to close a gash on his chin after being hit in the face with a puck Saturday. He returned to score his second goal of the night in a losing cause.

The gritty centre has been the best Canuck in the playoffs. He has scored five goals in the last three games and been a dominating physical force.

The Predators return home believing they can still advance to the next round of the playoffs.

"We knew we weren't going to quit and it's far from over," said defenceman Shea Weber. "They've got to come out with their best effort next game and we've got to be ready."

THE CANADIAN PRESS

Linebacker selected in top spot by Bombers

The Winnipeg Blue Bombers selected St. Francis Xavier linebacker Henoc Muamba first overall in the CFL Canadian college draft yesterday.

The six-foot, 230-pound Muamba was Canadian university football's top defensive player last season.

But the Mississauga, Ont., native is expected to contribute immediately on Winnipeg's special teams as he learns the nuances of the Bombers defence.

Winnipeg secured the first-overall selection for the first time since 1975 after posting a league-worst 4-14 record last year.

The move wasn't a surprise as Muamba was in Winnipeg yesterday so the CFL club could unveil its first overall pick in the Manitoba capital.

"I'm excited," Muamba told TSN. "I'm ready to go back to work and make an impact on the team."

The Edmonton Eskimos followed by taking Rice offensive lineman Scott Mitchell at No. 2.

The six-foot-five, 295-pound Mitchell, a Montreal native who grew up in Ottawa, was the top-ranked draft prospect by the CFL's Scouting Bureau and had been mentioned as a first-overall candidate.

The Calgary Stampeders moved up to No. 3 in a trade with the B.C. Lions and selected Calgary Dinos receiver Anthony Parker.

Winnipeg had its second selection of the round at No. 4 and raised eyebrows by taking Saskatchewan Huskies receiver Jade Etienne. The six-foot-three, 175-pound Etienne wasn't regarded as a top-4 selection coming in to yesterday.

THE CANADIAN PRESS

Lions' pick

The Lions took Harvard's Marco Iannuzzi, a six-foot, 180-pound Calgary native at No. 6.

Iannuzzi leaves as the school's second-leading receiver and career leader in kickoff returns.

EZRA SHAW/GETTY IMAGES

Todd Bertuzzi and Henrik Zetterberg celebrate after they beat the San Jose Sharks yesterday.

Red Wings rally to stay alive

Detroit nets three goals in the third period to beat the San Jose Sharks

RED WINGS	SHARKS
4	3

Tomas Holmstrom broke a tie with 6:08 remaining, and the Detroit Red Wings had three third-period goals to avoid elimination with a 4-3 victory over the San Jose Sharks yesterday.

Danny Cleary and Jonathan Ericsson also scored in the final period to send the series back to Detroit for Game 6 tomorrow night. After winning the first three games, San Jose is clinging to a 3-2 lead in the best-of-seven series.

Logan Couture, Joe Pavelski and Devin Setoguchi scored to help the Sharks take a 3-1 lead early in the third period. Then the Red Wings scored two quick goals before Holmstrom redirected the winner past Antti Niemi.

Niklas Kronwall also scored, and Jimmy Howard made 39 saves for Detroit.

The Red Wings took a huge step toward adding to their already storied history.

Only three NHL teams have overcome 3-0 deficits to win a best-of-seven series.

The 2010 Philadelphia Flyers, 1942 Toronto Maple Leafs and 1975 New York Islanders are the only teams to win a series after losing the first three games. With Chicago winning three straight to force a Game 7 against Vancouver in the opening round, there's plenty of recent precedent that Detroit can push San Jose to the brink.

The Red Wings already have overcome a repeat of last season, when they went down 3-0 to the Sharks — just like this year — before being eliminated in San Jose.

THE ASSOCIATED PRESS

Mavs sweep Jackson into retirement

So long, Phil. So long, chances for another Lakers three-peat.

Hello, Western Conference finals for Dirk Nowitzki and the Dallas Mavericks.

Jason Terry tied an NBA post-season record with nine three-pointers and the Mavericks matched a league playoff mark with 20 threes on their way to a 122-86 victory over the Lakers yesterday and a sweep of their second-round series against the most successful coach in NBA history and the two-time defending champions.

Phil Jackson left the court with a tight smile, accepting hugs and handshakes from Dallas coach Rick Carlisle, Jason Kidd and Mark Cuban. It was the first time he'd been swept in his 21 post-seasons on the sideline. It hadn't happened to Bryant and the Lakers since 1999, the year before the Zen Master arrived in L.A.

While Jackson, 65, would have preferred going out with a 12th title — bundled neatly in four three-peats — this exit does nothing to tarnish his legacy.

THE ASSOCIATED PRESS

RICHARD W. RODRIGUEZ/THE ASSOCIATED PRESS

Jason Terry

Home finally sweet for Hawks

HAWKS	BULLS
100	88

The Atlanta Hawks finally won a second-round playoff game at home.

They can thank a guy who frequently gets booed by the home fans, and a young guard who wasn't supposed to be playing much at all.

Josh Smith answered his critics with a huge game — 23 points, 16 rebounds and eight assists — and fill-in Jeff Teague came up with the Derrick Rose-like plays down the stretch to lead the Hawks past the Chicago Bulls 100-88 last night, evening the Eastern Conference semifinals at two games apiece.

The Hawks snapped a nine-game home losing streak in the second round, their misery dating to a May 13, 1996, win against Orlando.

Smith is frequently criticized by Atlanta fans for his inconsistent play. He heard nothing but cheers in this one, staying away from the outside jumpers, dominating on the inside and finding the open man with crisp passes.

"There are people who don't understand the game, who don't know the game. That doesn't faze me," Smith said. "My teammates matter more than anybody else. They believe in me. They have confidence in my game. When I was in my rut, they told me to stay positive, to stay in the game, just do what I'd been doing all season long. I stayed with it and had the game I had tonight."

Teague has been an even bigger surprise filling in for injured Kirk Hinrich, playing with the poise of a veteran instead of someone who played infrequently during the regular season. He scored 12 points and doled out four assists.

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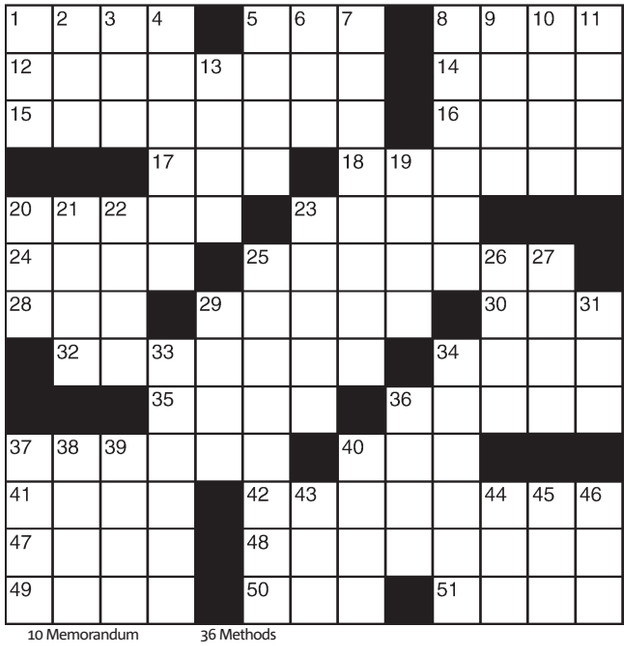
Crossword



Across

1 "You've got —"
5 Japanese sash
8 Remain undecided
12 Car starter
14 Lotion additive
15 Round Table VIP
16 "Bye"
17 Dinner for Dobbin
18 Had coming
20 Tashkent native
23 Threesome
24 Carriage
25 Kids' baseball site
28 Sch. org.
29 — -ski
30 Cistern
32 Rorschach picture
34 One of the Gospels
35 Settled down
36 U.S. voters since 1920
37 Rue
40 Droop
41 Eye layer
42 Multi-linguistic person
47 Transmitted
48 Gradual destructions
49 Genealogy chart
50 Penny profile
51 Sheltered

Down

1 Wire measure
2 — Khan
3 Hostel
4 Reindeer moss, e.g.
5 Unctuous
6 Halloween shout
7 Wi-Fi hookup
8 Walk a beat, maybe
9 Verve
10 Memorandum
11 Out of play
13 Ship-building wood
19 Helps
20 Diamond arbiter
21 Tubular pasta
22 Pinto or lima
23 Fortune-telling deck
25 Green soup variety
26 Egg
27 Obtain
29 Competent
31 Midmorning hour
33 Chopping spree?
34 Actor Robert from "Big
36 Methods
37 Oxidation
38 Always
39 Kelly or Hackman
40 — gin fizz
43 Sphere
44 Chatroom chuckle
45 Inseparable
46 Mao — -tung

▶ Yesterday's answer

T	A	J		A	M	I	S		C	U	L	L
A	D	O		T	O	N	E		A	S	E	A
P	A	Y	P	H	O	N	E		J	E	S	T
		F	O	O	D			H	O	R	S	E
A	G	U	E	S		D	E	A	L			
C	A	L	M		H	A	Y	F	E	V	E	R
I	L	L		C	O	M	E	T		A	R	E
D	A	Y	L	A	B	O	R		L	U	G	S
			A	V	O	N		P	I	L	O	T
S	P	I	R	E			D	I	E	T		
W	O	O	D		M	A	Y	Q	U	E	E	N
A	N	T	E		E	S	A	U		R	K	O
G	E	A	R		W	I	N	E		S	E	W

Sudoku

	2		8		1		6	
3								1
		6		9		4		
	3	9		1		8	2	
	1			5			7	
	6	2		3		1	5	
		3		7		9		
4								2
	8		9		3		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	2	8	9	4	5	6	3	7
3	5	4	8	7	6	1	2	9
6	7	9	2	3	1	4	8	5
7	4	2	6	5	8	9	1	3
5	1	6	4	9	3	8	7	2
8	9	3	7	1	2	5	4	6
9	8	1	3	6	7	2	5	4
4	3	5	1	2	9	7	6	8
2	6	7	5	8	4	3	9	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

booboo, Heart u... miss u jellybean! you are my girl muahhzzzz hugs n kisses. lots of love n laughs..... From **WABU WABU**

my love, Wherever you go, whatever you do, I will be right here waiting for you. Whatever it takes, or how my heart breaks, I will be right here waiting for you. From Daisy

PuMpKiN_, Bummie i mishh u soo much lotz of huggies and kissies.... From ***NADIA***

My Alison, You're most likely doing the crossword right now. The answer for 8 Across is Mississippi. No? Well, I miss you babe. It's hard working out of province but I'm looking forward to seeing you soon. You're my sunshine. Love you and ttyl. From Your **TY**

Today 14°/10° Partly cloudy

Tuesday 14°/9° Showers 40%

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For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ **Aries** March 21-April 20 Go wherever you want to go and do whatever you want to do.
♉ **Taurus** April 21-May 21 Surrender yourself to the powers of the universe and don't worry about where you might end up.
♊ **Gemini** May 22-June 21 Don't be suspicious of people you don't get along with are now acting friendly.
♋ **Cancer** June 22-July 22 Whatever you ask of your employer they will do their best to deliver, so ask away.
♌ **Leo** July 23-Aug.23 If you are making plans for your next vacation don't let a lack of cash hold you back.
♍ **Virgo** Aug. 24- Sept. 22 Your feelings for a certain person are deeper than they or anyone else seems to realize.
♎ **Libra** Sept. 23-Oct. 23 You can expect some heart-warming developments on the relationship front.
♏ **Scorpio** Oct. 24-Nov. 22 Be intense, but be adaptable too.
♐ **Sagittarius** Nov. 23-Dec. 21 Everything will go right for you today.
♑ **Capricorn** Dec. 22-Jan. 20 Make it your business to say nice things to everyone you meet today.
♒ **Aquarius** Jan. 21-Feb. 18 Friends and loved ones will rally round and together you'll get the week off to an almost perfect start.
♓ **Pisces** Feb. 19-March 20. Some things are best kept in the dark.

SALLY BROMPTON

DARRYL DYCK/THE CANADIAN PRESS

Caption contest

KYODO NEWS/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. *"I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again"* said Ian.

Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. *"She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there."* Ian goes on, *"This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."*

By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis.

This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turnhelps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function.

To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, *"I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."*

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